



HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club
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TIM'S WALKER OF THE WEEK

Last week's winner was Victorian walker **Kelly Ruddick** who dominated the women's division in the Athletics Victoria Shield Final the previous Saturday, recording a 4 sec PB time of 8:22.0 for the 2000m walk, contested in 35°C conditions at Lakeside Pavilion in Melbourne.

This week, all attention was centred on the Australian 20km Summer Championships and there were lots of big performances. Consider some of them.

- 28 year old **Jared Tallent** won his sixth straight National Championship in the meet, his time of 1:22:10 omening well for the coming year.
- 20 year old **Dane Bird-Smith** walked a 48 sec PB to take second place with 1:22:27.
- 17 year old **Jesse Osborne** walked his first ever 20km - his time an amazing 1:29:24.
- 21 year old **Kyle Malone** announced his coming of age as a walker with a 5:53 PB time of 1:31:30.
- 23 year old **Tanya Holliday** ensured automatic selection for this year's World Champs with her 1:34:32 winning time.
- 36 year old **Cheryl Webb** turned back the clock with her A qualifying second place of 1:35:46
- 20 year old **Rachel Tallent** did a 4 min PB with her third placed time of 1:36:50
- 39 year old **Kelly Ruddick** continues her improvement, taking fourth with yet another PB - 1:36:58
- 22 year old **Stephanie Stigwood** battled her more seasoned rivals for all but the final couple of laps before fading slightly but still recording a 5 min PB of 1:38:33.

Now I could open it up and have a huge vote between all 9 walkers but I have decided not to do so - you have to draw the line somewhere. So I have decided to pick out one performance for my Walker of the Week - and it is **Jesse Osborne**. To walk 1:29:24 at 17 years of age in your first ever attempt is pretty outstanding in my book and deserves some real accolades. Jesse, who has recently moved from Queensland to Victoria, has settled in well and is making big inroads into his times. The sky's the limit for this talented young walker.



Jesse Osborne in Hobart on Sunday morning

AUSTRALIAN AND OCEANIA 20KM SUMMER CHAMPIONSHIPS, HOBART, SUNDAY 24 FEBRUARY 2013

Jared Tallent (Vic) and **Tanya Holliday** (SA) have ensured their automatic selection for the 2013 IAAF World Championships after dominant performances to win at the Australian & Oceania 20km Race Walking Championships in Hobart last Sunday morning. In an impressive representation of the depth in arguably Australia's strongest event, the gold medal winning duo were joined by **Dane Bird-Smith** (Qld), **Luke Adams** (NSW) and **Cheryl Webb** (NSW) in posting A Qualifying performances, while **Rachel Tallent** (Vic), fellow Victorian **Kelly Ruddick** and 2012 Olympian **Chris Erickson** (VIC) also recorded B Qualifiers.

After a slow first 3km, Jared broke away from the lead pack of men that included Dane, Luke, Chris and Rhydian Cowley. He widened his gap in the next few laps to move through the half-way point in 40:51, as Dane and Luke battled it out for second and third place with Chris chasing not far behind. Places stayed like that for the second half as Jared walked to his sixth consecutive Australian Summer 20km title, his time of 1:22:10 some 17 secs clear of Dane 1:22:27 and Luke 1:23:48.

For Jared, it was the perfect opening to the year. "Another win in the 20km event, I'm very happy with that. It's my first race in a long time and makes me pretty excited heading into another race in China this coming Friday. For me 2013 is centred around the 50km event at the World Championships. I want a gold medal to sit alongside the silver and bronzes that I have won and by focusing in on a single event I am confident that could be a possibility. The program in Moscow makes it very hard to do both. My wife Claire and I are making some pretty big changes this year by moving to Adelaide soon and also with her taking over as my coach. It's been a good move for me so far, I am stoked to have her there with me every session and her support is insurmountable."

Equally thrilled by his result, Dane's time is a further improvement on his personal best and highlights what he is capable of after what he described as a disappointing result at the IAAF World Race Walking Cup last year. "I'm just amazed. I wanted to come down here to show myself and the walking community that I am capable of a time that earns me a spot for World Championships and hopefully today's performance is a big step in the right direction for making that a reality. Moscow will be a real dream. If I can bring my time down closer towards a 1:22:00 flat I am certain that I could challenge for a top-16 finish and for someone my age that would be a fantastic result. Plenty of work to do for that to happen though."

In the women's event, Tanya Holliday and Regan Lambie (Vic) led comfortably through the first couple of laps before Regan stepped off the track. That left Tanya well in front and she was never troubled, going on to win with 1:34:32. "I'm happy to have won, but I am really disappointed with the time. At least I now know that I will be in the team for World Championships, but if I want to be in the mix I need to move quicker. I don't want to sound overly disappointed though because making my first open Australian team is a real honour. It's something I have been working towards for many years and I am so happy that it will happen in 2013. It was a bit disappointing to lose Regan early. She's a great athlete and I am sure she will be back. The performances of Cheryl and Rachel were great though as well. There are always plenty of people in the mix when you talk race walking in Australia."

Behind her, an intriguing battle unfolded for the minor medals with Cheryl Webb (NSW), Rachel Tallent (VIC), Stephanie Stigwood (TAS) and Kelly Ruddick (VIC) all in contention. Cheryl eventually won out, taking second in 1:35:46 ahead of Rachel 1:36:50 and Kelly 1:36:58.

In the junior 10km events, IAAF World Junior Championships representative **Brad Aiton** (Qld) took line honours in the boy's event in a time of 43:27, ahead of **Nathan Brill** (Vic) with 43:46, yet another qualifier for the IAAF World Youth Championships. The girl's event was won by **Jessica Pickles** (Qld) with 49:34 ahead of **Kirsty Klein** (NSW) 49:57.

Even though conditions were very windy, there were lots of PBs, some of them huge! It was once again a case of the Australian walkers stepping up to the plate and performing when it counts.

Open Women 20km Walk Australian Championship

1.	Tanya Holliday	SASI	1:34:32	
2.	Cheryl Webb	NSW	1:35:46	
3.	Rachel Tallent	VIC/AIS	1:36:50	PB 4:02
4.	Kelly Ruddick	VIC	1:36:58	PB 1:34
5.	Stephanie Stigwood	TAS	1:38:33	PB 5:24
6.	Lauren Bourke	NSW	1:46:52	PB 5:26
7.	Kirstin Shaw	VIC	1:59:20	
8.	Mathilde Lacaze	FRA	2:06:20	
	Beth Alexander	VIC	DNF	
	Regan Lambie	VIC/AIS	DNF	

Men 20km Walk Open

1.	Jared Tallent	VIC/AIS	1:22:10	
2.	Dane Bird-Smith	QLD	1:22:27	PB 0:48
3.	Luke Adams	NSW/AIS	1:23:48	
4.	Chris Erickson	VIC	1:25:15	
5.	Rhydian Cowley	VIC	1:26:40	
6.	Jesse Osborne	VIC	1:29:24	First ever
7.	Kim Mottrom	SA	1:31:26	PB 0:24
8.	Kyle Malone	NSW	1:31:30	PB 5:53
9.	Nick Dewar	QLD	1:32:51	

10.	Daniel Coleman	TAS	1:34:11	
11.	Brendon Reading	ACT	1:36:58	
12.	Justin Hill	SA	1:41:02	PB 0:20
13.	Danny Hawksworth	VIC	1:46:37	PB 2:49
14.	Simon Evans	VIC	1:49:24	
15.	Jason Kozica	VIC	1:49:43	
16.	Marc Legentil	FRA	1:49:51	
	Brandon Dewar	QLD	DNF	
	Bradley Simpson	VIC	DQ	
	Ian Rayson	NSWIS	DQ	

U23 Men 20km Walk Australian Championship

1.	Dane Bird-Smith	QLD	1:22:27	PB 0:48
2.	Rhydian Cowley	VIC	1:26:40	
3.	Kyle Malone	NSW	1:31:30	PB 5:53
4.	Nick Dewar	QLD	1:32:51	

U23 Women 20km Walk Australian Championship

1.	Rachel Tallent	VIC/AIS	1:36:50	PB 4:02
2.	Kirstin Shaw	VIC	1:59:20	

Women 10km Walk Under 20

1.	Jessica Pickles	QLD	49:34	
2.	Kirsty Klein	NSW	49:57	PB 0:55
3.	Amy Bettiol	NSW	51:49	First ever
4.	Shay Southern	NSW	53:53	PB 6:43
5.	Tabitha Porley	NSW	55:43	First ever

Men 10km Walk Under 20

1.	Brad Aiton	QLD	43:27	
2.	Nathan Brill	VIC	43:46	
3.	Harry Bates	ACT	47:46	PB 0:12
4.	Matthew Holcroft	NZ	48:05	
5.	Steven Washburn	NSW	49:40	
6.	Louis Rose	TAS	51:58	PB 1:51



Tanya Holliday, Cheryl Webb, Rachel Tallent and Kelly Ruddick



Jared Tallent, Dane Bird-Smith and Luke Adams



Juniors in action - Brad Aiton, Nathan Brill, Jessica Pickles, Kirsty Klein and Jesse Osborne

For the record, Jared's six wins read as follows:

2008	Melb	Tallent, Jared	VIC	1:19:41	Adams, Luke	NSW	1:20:32	Rutter, Adam	NSW	1:21:49
2009	Melb	Tallent, Jared	VIC	1:19:42	Rutter, Adam	NSW	1:22:16	Adams, Luke	NSW	1:26:33
2010	Hobart	Tallent, Jared	VIC	1:19:15	Adams, Luke	NSW	1:22:07	Ibanez, Ato	SWE	1:23:30
2011	Hobart	Tallent, Jared	VIC	1:20:19	Adams, Luke	NSW	1:21:00	Rutter, Adam	NSW	1:22:25
2012	Hobart	Tallent, Jared	VIC	1:23:01	Erickson, Chris	VIC	1:24:12	Gomez, Inaki	CAN	1:24:46
2013	Hobart	Tallent, Jared	VIC	1:22:10	Bird-Smith, Dane	QLD	1:22:27	Adams, Luke	NSW	1:23:48

With team representations for the 2013 IAAF World Championships on offer, let's look at how things stand after Sunday.

Women's 20km

Tanya Holliday - won the trial in an A (1:34:32). Automatic selection.

Regan Lambie - DNF in the trial but was 17th in the London Olympics with 1:30:03. Still a contender.

Cheryl Webb - second in the trial with an A (1:35:46). Strong argument for selection.

Rachel Tallent - only just turned 20 and third in the trial with a B (1:36:50).

Men's 20km

Jared Tallent - won the trial in an A (1:22:10). Automatic selection.

Dane Bird-Smith - second in the trial with an A (1:22:27).

Luke Adams - third in the trial with an A (1:23:48). May well opt to do the 50km instead (see below).

Chris Erickson - fourth in the trial with a B (1:25:15) but has a few A's, including 1:22:20 from the 2012 World Cup.

Men's 50km

Luke Adams - won the trial with an A (3:57:24). Automatic selection.

Jared Tallent - preselected by means of his Olympic silver.

Ian Rayson - second in the trial with an A (4:00:39).

A number of our top walkers are going to be in action again later this week in the Chinese leg of the IAAF 2013 Challenge Series in Taicang - Jared Tallent, Luke Adams, Regan Lamble and Rachel Tallent will contest the 20km events on Friday while Chris Erickson will contest the non-challenge 50km event on Saturday. Things may be a bit clearer (or more muddied!) after that. Also bear in mind that in Moscow, the men's 20km and 50km events are only 3 days apart so it is possible that Jared and Luke will decide not to attempt what would be a very tough double. In that case, places open up for other men to fill the remaining places in either the 20km or 50km teams. Overall, an intriguing jigsaw.

The eligible A and B ranking performances done since 1 January 2012 read as follows (but remember that Claire Tallent, Adam Rutter and Nathan Deakes are no longer racing so are not in the selection equation). Sorry if I missed any - this is purely my own list and has no formal stamp of approval.

20km Walk Men - 1:24:00 / 1:26:00

Jared Tallent	1:20:02	London	04/08/2012	A
<i>Tallent</i>	1:20:34	Taicang, China	30/03/2012	A
Adam Rutter	1:21:23	Taicang, China	30/03/2012	A
<i>Tallent</i>	1:21:50	Chihuahua, Mexico	03/03/2012	A
<i>Tallent</i>	1:22:10	Hobart	24/02/2013	A
Chris Erickson	1:22:20	Saransk, Russia	12/05/2012	A
Dane Bird-Smith	1:22:27	Hobart	24/02/2013	A
Luke Adams	1:22:50	Taicang, China	30/03/2012	A
<i>Rutter</i>	1:22:54	Saransk, Russia	12/05/2012	A
<i>Tallent</i>	1:23:01	Hobart	25/02/2012	A
<i>Erickson</i>	1:23:09	Taicang, China	30/03/2012	A
<i>Bird-Smith</i>	1:23:15	Taicang, China	30/03/2012	A
<i>Adams</i>	1:23:28	Saransk, Russia	12/05/2012	A
<i>Adams</i>	1:23:48	Hobart	24/02/2013	A
<i>Erickson</i>	1:24:12	Hobart	25/02/2012	B
<i>Erickson</i>	1:24:19	London	04/08/2012	B
<i>Bird-Smith</i>	1:24:41	Saransk, Russia	12/05/2012	B
Brendon Reading	1:25:07	Taicang, China	30/03/2012	B
<i>Erickson</i>	1:25:15	Hobart	24/02/2013	B

50km - 4:02:00 / 4:16:00

Jared Tallent	3:36:53	London	11/08/2012	A
Nathan Deakes	3:48:45	London	11/08/2012	A
Luke Adams	3:53:41	London	11/08/2012	A
<i>Adams</i>	3:57:24	Melbourne	09/12/2012	A
Ian Rayson	4:00:39	Melbourne	09/12/2013	A

20km Women - 1:36:00 / 1:38:00

Claire Tallent	1:28:53	Taicang, China	30/03/2012	A
Regan Lamble	1:30:03	London	11/08/2012	A
Beki Lee	1:32:14	London	11/08/2012	A
<i>Tallent</i>	1:32:30	Sesto, Italy	17/06/2012	A
<i>Tallent</i>	1:32:58	Hobart	25/02/2012	A
Tanya Holliday	1:33:15	Taicang, China	30/03/2012	A
<i>Tallent</i>	1:33:21	Chihuahua, Mexico	03/03/2012	A
<i>Holliday</i>	1:34:32	Hobart	24/02/2013	A
<i>Lamble</i>	1:34:34	Saransk, Russia	13/05/2012	A
Cheryl Webb	1:35:46	Hobart	24/02/2013	A
<i>Holliday</i>	1:36:31	Melbourne	09/12/2013	B
<i>Lee</i>	1:36:45	Melbourne	24/02/2012	B
Rachel Tallent	1:36:50	Hobart	24/02/2013	B
Kelly Ruddick	1:36:58	Hobart	24/02/2013	B
<i>Lamble</i>	1:36:52	Hobart	25/02/2012	B

And a few links:

- AA event photos <http://www.facebook.com/media/set/?set=a.10151459389639301.523578.264338589300&type=1>
- Ballarat Courier Article <http://www.thecourier.com.au/story/1323029/talent-walks-his-way-to-national-title/?cs=12>
- VRWC Photo Gallery from Meet: <http://www.vrwc.org.au/coppermine>

ACT WALKERS CLUB TRACK WALKS, AIS TRACK, BRUCE

Thanks to Robin Whyte for the last couple of racewalk meet results from Canberra

Thursday 21 February

2000m Walk

1.	Zoe Hunt	09:24
2.	Ashleigh Resch	09:36
3.	Thomas Hopkins	09:48
4.	Gabby Hunt	09:57
5.	Callum Burns	10:11
6.	Karina Hopkins	11:23
7.	Dylan Eddowes	11:25
8.	Emily Hopkins	11:26
9.	Kate Black	11:42
10.	Robin Whyte	12:07
11.	Rod Gilchrist	13:17
12.	Colby Eddowes	13:35
13.	Tom Hunt	13:42
14.	Doug Fitzgerald	14:08
15.	Jennifer Gilchrist	14:37
16.	Ruth Baussmann	14:42
17.	John Donovan	15:24
18.	Margaret McSpadden	15:38
19.	Val Chesterton	16:01

1200m Walk

1.	Laura Burns	07:23
2.	Thalita Allen	08:03

Thursday 7 February

1500m Walk

1.	Spencer Burns	07:33
2.	Ally Durr	07:33
3.	Dylan Eddowes	08:58
4.	Bryan Thomas	09:59
5.	John Donovan	11:09
6.	Kate Black	12:23
7.	Margaret McSpadden	12:37

700m Walk

1.	Laura Burns	04:06
2.	Colby Eddowes	04:08
3.	Lorna England	06:19
4.	Sharon Parker	07:03
5.	John Parker	07:03
6.	Trish Thomas	07:08

BENDIGO WALKERS CLUB WALKS, ROSALIND PARK, BENDIGO, WEDNESDAY 20 FEBRUARY

Thanks to Paul Rance for the latest news from Bendigo.

The Bendigo Walkers Club held a 1.5km handicap race on Wednesday evening in Rosalind Park with Colin Cleary producing his best effort for the Year to score an easy victory with first Year walker Sheridan Commons taking her first placing with the Club as she raced to 2nd with co- backmarker Peter Curtis taking 3rd place and fastest time just in front of Zahra Hayes who recorded a personal best with other Pbs going to Madison Hill and Carissa Brook. Barb Bryant set a new 55+ Womens Club record and Geoff Major set a new 70+ Men's Club record.

Meanwhile on Saturday, 3 of the Club's junior walkers contested walk events at the Northern Country Little Athletics Regional Championships with Zahra Hayes winning the under 12 girls 1500m in 8.20 from Madison Hill in 2nd place in 8.42 and Carissa Brook won the under 10 girls 1100m in a time of 6.01.

1.5km Walk

1.	Colin Cleary	11.43
2.	Sheridan Commons	11.24
3.	Peter Curtis	7.24
4.	Zahra Hayes	7.28
5.	Barb Bryant	8.24
6.	Madison Hill	8.35
7.	John Carter	9.45
8.	Carissa Brook	8.48
9.	Norm West	11.51
10.	Annette Curtis	10.33
11.	Caitlyn Tozer	13.23
12.	Ebony Whiley	8.05
13.	Geoff Major	11.14
14.	Annette Major	9.31

This Wednesday evening the Bendigo Walkers Club will hold even pace events with 2x 800m and 2x 1600m events being conducted from 6pm. Enquirers phone 5442 6435 or 0400649610

SAMA TRACK WALKS, SANTOS STADIUM, MILE END, ADELAIDE, WED 20 FEBRUARY

Thanks to Colin Hainsworth for the latest results from the South Australian Masters in Adelaide. Colin commented: *Warmish evening with a breeze at times.*

800m Walk

	Ann Ireland	05:27
M74	Rodger Barber	05:38
W52	Marie Maxted	04:40
M69	Graham Harrison	04:57
M64	John Hore	05:11
M62	Phil Coles	05:45
M67	George White	04:10
W62	Helen Suridge	05:15
M69	Roger Lowe	05:40

3000m Walk

W64	Gill White	24:18	61.93%
W52	Marie Maxted	19:18	68.81%
M62	Phil Coles	22:34	59.63%
M76	Paul Boyce	24:42	64.44%
W62	Helen Suridge	21:19	68.95%
W60	Edna Bates	26:03	55.18%
	Ann Ireland	21:41	

5000m Walk

M69	Roger Lowe	37:15	66.43%
W58	Linda Whitelaw	38:14	63.20%
M70	Bill Starr	34:58	71.64%
M74	Rodger Barber	37:13	70.85%
M69	Graham Harrison	32:49	75.40%
M60	Jack Russell	30:19	74.00%
M83	Colin Hainsworth	38:33	78.33%
M52	Peter Crump	27:00	77.25%
M67	George White	27:37	87.52%
M79	David Robertson	41:23	68.45%
M54	Norman White	37:14	56.99%

NSW ALL-COMERS MEET, SOPAC, SYDNEY, SATURDAY 23 FEBRUARY

Derek Mulhearn 13:18.98 and Jessica Cobb 14:59.51 won the walks at the Sydney All-Comers meet last Saturday.

Men 3000m Walk Open

1.	Mulhearn, Derek	23	Sydney University	13:18.98
2.	Kerr, Aidan	15	Sydney Pacif	14:46.95
3.	Brown, Nathan	15	Parramatta City	15:16.91
4.	Bedford, Kyle	13	Nepean Distr	15:51.92
5.	Osborne, Robert	58	Nepean Distr	16:46.45
6.	Hyde, Brendon	68	Athletics NS	21:52.21

Women 3000m Walk Open

1.	Cobb, Jessica	23	Blacktown Ci	14:59.51
2.	Brown, Kylie	41	Nepean Distr	16:23.32

QUEENSLAND JUNIOR CHAMPIONSHIPS, QSAC, NATHAN, 22-24 FEBRUARY

The Queensland Junior T&F Championships were held in Brisbane last weekend. Thanks to Robyn Wales for the report and photo.

The Queensland Junior Championships were held on Saturday with small fields. The rain held off thankfully which has not been the case since! The 10000m was won by Eloise Jackson with Jess Pickles in Hobart. Eloise walked really well to be almost 15 minutes in front of 2nd place. Clara Smith led from the start to take out the U16 3000m from fellow club members Michaela Woodward and Aimee Brackin. Katya Martin won the U18 5000m from Kenza Benzenati and Jesse Sims. These 3 girls have been sharing the podium since they were U11 which is good to see. Yanis Benzenati crossed the line 6 minutes in front of 2nd place only to be dq'd. Yanis had followed all instructions so that was disappointing but with determination he declared "I won't give up!" a true champion!

Girls 3000m Walk Under 14

1.	Sims, Riley	13	Athletics North	19:56.99
2.	Smith, Clancy	13	Noosa	20:47.20

Girls 3000m Walk Under 16

1.	Smith, Clara	15	Uni of Qld	14:05.16
2.	Woodward, Mikaela	14	Uni of Qld	15:59.97
3.	Brackin, Aimee	14	Uni of Qld	16:31.73

Girls 5000m Walk Under 18

1.	Martin, Katya	16	Gold Coast Victory	26:14.78
2.	Benzenati, Kenza	16	Gold Coast Victory	26:48.24

3.	Sims, Jesse	16	Athletics North	30:36.64
4.	Hooper, Samantha	17	Noosa	33:34.70
5.	Boardman, Lucy-Rose	17	Athletics North	DNF

Girls 10000m Walk Under 20

1.	Jackson, Eloise	18	Racewalking Qld	1:01:05.40
2.	Sims, Casey	19	Aspley	1:14:06.30
3.	Wright, Jessica	19	Jimboomba 7	1:23:20.72

Boys 3000m Walk Under 14

1.	Haig, Callum	13	Uni of Sun Coast	22:41.54
2.	Benzenati, Yanis	13	Gold Coast Victory	DQ

Boys 3000m Walk Under 16

1.	McCutcheon, Jamie	14	Qeii Track Club	17:31.52
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U18 medallists Kenza Benzenati, Katya Martin and Jesse Sims

ATHLETICS SA PREMIERSHIP CUP, SANTOS STADIUM, MILE END, ADELAIDE, FRIDAY 22 FEB

Troy Hooker 15:35.49 and Jemma Potezny won the 3000m walks in Adelaide last Friday evening.

3000m Walk OPEN

1.	Troy Hooker	SAL	15:35.49
2.	Jemma Potezny	HILL	15:39.25
3.	Peter Crump	SPC	15:57.81
4.	Sarah Damin	SPC	18:41.74
5.	Linda Whitelaw	EH	DQ
6.			

Women 1500m Walk U/14

1.	Rhiannon Lovegrove	PA	8:26.89
2.	Joe Cross	PEM	8:53.86

WA STATE CHAMPIONSHIPS DAY 2, WAAS, PERH, FRIDAY 22 FEBRUARY

The final day of the Western Australian T&F Championships saw the U17-U20 walks contested, Kate Holt taking the fastest time overall with 26:36.65.

Women 5000m Walk U18

1.	Holt, Kate	Melville	26:36.65
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Women 5000m Walk U20

1.	Brown, Breanna	Athletics WA	28:34.72
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Women 5000m Walk U17

1.	Hughes, Holly	Melville	28:23.58
2.	Tolarado, Isabella	Melville	31:50.22

Men 5000m Walk U20

1.	Leatherland, Simeon	West Track.	26:54.22
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IAAF CHALLENGE SERIES MEET, CHIHUAHUA, MEXICO, SATURDAY 23 FEBRUARY

The 2013 IAAF Challenge Series kicked off last weekend with our own event in Hobart and the 11th edition of the annual Chihuahua meet in northern Mexico. Held at around 1400m altitude, it is not a meet for the faint hearted as it is high enough to have an effect on performance. As usual, it attracted a good crowd of international walkers with more than 100 walkers from 11 countries contesting the three main international distances on a new 2km loop course on Paseo Bolívar. It was a busy Saturday with the 50km Race Walk at 7:00am, followed by the junior 10km and the 20km events for both men and women in the afternoon.

Twice a winner of the Mexican leg of the Challenge and the defending champion, Mexico's Omar Zepeda was hoping to shine in the 50km event, the first race contested on Saturday. "I have competed at six World Championships. No one has had that opportunity in Mexico and my mind is set in Moscow," he said. But there were lots of sub-four-hour walkers in the field including 2008 Olympic fifth-placer Erick Tysse. Third at the 2009 Challenge, the Norwegian was back in Mexico and ready for a big season opener and so it was as he held out Zepeda, winning by just over a minute with 3:55:23. Third place went to Omar Segura with 3:57:48. Times were never going to be fast in the rarified atmosphere and only four walkers bettered 4 hours.

Men's 50km Race Walk

1.	Erik TYSSE	NOR	80	3:55:23
2.	Omar ZEPEDA	MEX	77	3:56:24
3.	Omar SEGURA	MEX	81	3:57:48
4.	Luis BUSTAMANTE	MEX	84	3:59:07
5.	Edward ARAYA	CHI	86	4:00:31
6.	Clemente GARCÍA	MEX	89	4:08:40
7.	Cristian David BERDEJA	MEX	81	4:12:12
8.	Yereman SALAZAR	VEN	78	4:15:37
9.	Alexander CASTENADA	COL	92	4:23:12
10.	Etiel SOTO	MEX	72	4:26:06
11.	Luis José SOLÍS	MEX		4:36:01
12.	Andrey STEPANCHUK	BLR	79	4:36:02
	José VENTURA	MEX	85	DQ
	Omar SIERRA	COL	88	DQ

With 2009 World Championships bronze medallist and two-time defending champion Eder Sanchez out as he recovered from a recent cyst removal surgery, the men's 20km was wide open. Mexico's best hopes were centred on the Palma brothers – Isaac and Ever, both coached by 1996 Olympic medallist Bernardo Segura - and it was Isaac who produced the goods, winning with 1:24:02 ahead of Canada's Inaki Gomez with 1:24:18. Mexico's Pedro Daniel Gómez took third in 1:24:34, the same time as fourth placed Diego Florez.

Men's 20km Race Walk

1.	Isaac PALMA OLIVARES	MEX	90	1:24:02
2.	Inaki GOMEZ	CAN	88	1:24:18
3.	Pedro Daniel GÓMEZ	MEX	90	1:24:34
4.	Diego FLORES HINOJOSA	MEX	87	1:24:34
5.	Grzegorz SUDOŁ	POL	78	1:25:06
6.	Giovanni TORRES	MEX	90	1:25:12
7.	Alvaro GARCÍA	MEX	83	1:25:17
8.	Ever PALMA OLIVARES	MEX	92	1:25:26
9.	Carlos SÁNCHEZ CANTERA	MEX		1:27:30
10.	Andrey TALASHKO	BLR	82	1:28:02
11.	Rafał SIKORA	POL	87	1:28:06
12.	Julio Cesar SALAZAR	MEX	93	1:29:00
13.	Allan SEGURA	CRC	80	1:29:13
14.	Christian De Jesus CRUZ GOMEZ	MEX	92	1:29:30
15.	Adrian OCHOA	MEX	91	1:31:37
16.	Yerko ARAYA	CHI	86	1:31:49
17.	Luis LOPES	POR	90	1:32:25
18.	Jorge Alejandro MARTINEZ BAEZ	MEX	90	1:34:00
19.	Jesus LUNA	MEX		1:34:17

20.	Alfredo RODRIGUEZ CATANO	MEX		1:35:28
21.	Cesar Uziel ROMERO ROSALES	MEX	89	1:35:30
22.	Armando MERINO PEREZ	MEX	89	1:35:58
23.	Diego ZEPEDA	MEX	92	1:37:10
24.	Luis Ernesto HERVER SANTIAGO	MEX		1:45:07
25.	Salvador VELAZCO	MEX		1:47:13
26.	Juan Emilio TOSCANO	MEX	81	DNF
27.	Jesus Tadeo VEGA	MEX	94	DQ
28.	Erwin GONZÁLEZ	MEX	94	DQ
29.	Alfredo HERNANDEZ	MEX	92	DQ
30.	Martin CARRILLO	MEX		DQ
	Ato IBANEZ	SWE	85	DNF
	Hector Samuel VIESCA TOVAR	MEX		DNF
	Roberto GONZALEZ	MEX		DNF
	José MONTANA	COL	92	DNF
	Victor MUÑOZ FLORES	MEX		DNF

Except for her first visit in 2007, Portugal's three-time World Championships finalist Ines Henriques has always claimed a podium finish in the Mexican leg of the challenge, including two consecutive wins in 2011-2012 and a bronze medal at the 2010 World Cup. 2013 was no exception as she walked to a convincing victory with 1:33:46 ahead of compatriot Ana Cabecinha, the 2012 Challenge runner-up and two-time Olympic finalist. Mexican Mónica Equihua Solórzano, third here in 2012, filled the same podium position this year.

Women's 20km Race Walk

1.	Ines HENRIQUES	POR	80	1:33:46
2.	Ana CABECINHA	POR	84	1:34:14
3.	Monica Equihua SOLORZANO	MEX	82	1:35:29
4.	Anabelly ORJUELA	COL	88	1:36:16
5.	Rosalía ORTIZ CRUZ	MEX	87	1:37:21
6.	Wendy CORNEJO	BOL	93	1:39:36
7.	Yanelli CABALLERO	MEX	93	1:39:37
8.	Yeseida CARRILLO	COL	93	1:39:38
9.	Lizbeth SILVA	MEX	89	1:40:54
10.	Zayra JAUREGUI AGUILAR	MEX	87	1:42:42
11.	Ingrid HERNANDEZ	COL	88	1:44:31
12.	Gabriela GONZALEZ	MEX	91	1:46:04
13.	Tania GONZALEZ	MEX		1:46:10
14.	Sandra NEVAREZ	MEX	93	1:47:06
15.	Mariela SANCHEZ TERAN	MEX	91	1:48:37
16.	Adriana OCHOA CARDONA	MEX	91	1:49:10
17.	Aura Libertad MORALES	MEX	82	1:50:57
18.	Wilane CUEBAS	PUR	90	2:01:22
19.	Guadalupe RÍOS	MEX		2:06:20
20.	Lucero CÁRDENAS	MEX		2:08:31
21.	Angeles RAMIREZ	MEX		2:09:03
	Sonia GARCIA GRANADOS	MEX		DNF
	Claudia VALDERRAMA IBANEZ	BOL	83	DQ
	Jhoana Anahi CAMACHO FLORES	MEX		DNF

RUSSIAN WINTER ROADWALK CHAMPIONSHIPS, SOCHI, RUSSIA, SATURDAY 23 FEBRUARY

The annual Russian Winter Roadwalk championships always see big fields and high quality walking and this year was not exception with Pyotr Trofimov winning the men's 20km in a season leading time of 1:18:28, Olympic champion Yelena Lashmanova winning the women's 20km in 1:25:49 and Sergey Bakulin winning the men's 35km with 2:26:08.

Open Men 20 km walk

1.	Pyotr Trofimov	RUS	18 Dec 83	1:18:28
2.	Andrey Ruzavin	RUS	28 Mar 86	1:19:06
3.	Denis Strelkov	RUS	26 Oct 90	1:19:53
4.	Aleksandr Ivanov	RUS	26 Jun 94	1:21:22
5.	Kirill Frolov	RUS	29 Sep 93	1:22:19
6.	Pyotr Bogatyrev	RUS	11 Mar 91	1:22:23
7.	Valeriy Filipchuk	RUS	30 Jun 91	1:23:23
8.	Aleksey Golovin	RUS	24 Dec 88	1:23:39
9.	Georgiy Sheiko	KAZ	24 Aug 89	1:24:19
10.	Konstantin Kulagov	RUS	14 Oct 91	1:24:28
11.	Sergey Lyubomirov	RUS	26 Jun 89	1:24:37

12.	Denis Asanov	RUS	23 Sep 92	1:24:56
13.	Dmitriy Solovyov	RUS	12 Apr 93	1:26:04
14.	Andrey Chetvergov	RUS	10 Dec 92	1:26:19
15.	Roman Yevstifeyev	RUS	19 Sep 92	1:26:26
16.	Mikhail Puzakov	RUS	3 Mar 91	1:27:02
17.	Dmitriy Yemelyanov	RUS	8 May 90	1:27:36
18.	Andrey Makareykin	RUS		1:27:39
19.	Vladislav Muratov	RUS	31 Dec 93	1:27:54
20.	Anton Rodionov	RUS	29 Dec 92	1:28:26
21.	Aleksandr Zhigalov	RUS	28 Jun 89	1:28:35
22.	Vitaliy Anichkin	KAZ	11 Nov 88	1:28:35
23.	Ivan Petyankin	RUS	14 May 93	1:28:38
24.	Yevgeniy Nushtayev	RUS	11 Feb 93	1:29:43

Open Men 35 km walk

1.	Sergey Bakulin	RUS	13 Nov 86	2:26:08
2.	Aleksey Bartsaykin	RUS	22 Mar 89	2:27:43
3.	Mikhail Ryzhov	RUS	17 Dec 91	2:28:09
4.	Ivan Noskov	RUS	16 Jul 88	2:29:04
5.	Konstantin Maksimov	RUS	17 Jun 82	2:08:18
6.	Aleksandr Yargunkin	RUS	6 Jan 81	2:31:26
7.	Aleksey Khimin	RUS	26 Feb 89	2:32:19
8.	Edikt Khaybullin	RUS	29 May 89	2:32:30
9.	Sergey Korepanov	RUS	17 Jun 84	2:35:26
10.	Ruslan Vershinin	RUS	29 Jan 89	2:40:38
11.	Aleksey Arkhipov	RUS	7 Dec 88	2:44:12
12.	Sergey Sharipov	RUS	14 Apr 92	2:45:06
13.	Mikhail Skorodelov	RUS	16 Dec 91	2:47:08
14.	Aleksey Terentyev	RUS	19 Jul 91	2:48:02
15.	Nikolay Ivanov	RUS	21 Dec 93	2:52:52

Open Women 20 km walk

1.	Yelena Lashmanova	RUS	9 Apr 92	1:25:49
2.	Anisya Kirdyapkina	RUS	23 Oct 89	1:25:59
3.	Vera Sokolova	RUS	8 Jun 87	1:26:00
4.	Irina Yumanova	RUS	6 Nov 90	1:27:00
5.	Marina Pandakova	RUS	1 Mar 89	1:27:39
6.	Nina Ochotnikova	RUS	11 Mar 91	1:29:03
7.	Lina Bikulova	RUS	1 Oct 88	1:29:45
8.	Natalya Kholodilina	RUS	21 Jul 89	1:29:49
9.	Natalya Makarova	RUS	17 Apr 87	1:29:54
10.	Natalya Serezhkina	RUS	7 May 92	1:30:19
11.	Galina Kichigina	KAZ	14 Jul 88	1:32:59
12.	Olga Suranova	RUS	7 Dec 86	1:34:18
13.	Olga Dubrovina	RUS	11 Jun 93	1:34:23
14.	Irina Shushina	RUS	30 Oct 86	1:34:58
15.	Anna Krakhmaleva	RUS	1 May 92	1:35:34
16.	Galina Kireyeva	RUS	11 Oct 91	1:35:39
17.	Yevdokiya Korotkova	RUS	28 Feb 79	1:38:57
18.	Anna Yermina	RUS	24 Jun 93	1:39:39
19.	Valentina Smarkalova	RUS	5 Mar 91	1:39:45
20.	Irina Musikhina	RUS	7 Jun 88	1:40:13
21.	Anastasiya Pulkina	RUS	93	1:40:16
22.	Yuliya Salikova	RUS	30 Apr 93	1:42:00
23.	Diana Ivanova	RUS	7 Oct 93	1:43:46
24.	Natalya Shigina	RUS	9 Jul 92	1:45:21
25.	Anastasiya Rozhnova	RUS	93	1:45:46
26.	Irina Polezhaykina	RUS	29 May 92	1:46:08
27.	Valeriya Yeshkova	RUS	14 Dec 93	1:46:20
28.	Tatyana Titova	RUS	18 Mar 93	1:46:29
29.	Anastasiya Zaripova	RUS	4 Nov 91	1:46:56
30.	Anastasiya Shchyogoleva	RUS	10 Apr 93	1:47:31
31.	Svetlana Trifonova	RUS	11 Jul 82	1:47:34
32.	Mariya Bazhanova	RUS	28 Nov 93	1:49:24

ITALIAN JUNIOR AND YOUTH INDOOR CHAMPIONSHIPS, ANCONA, ITALY, 23-24 FEBRUARY

The Italian U20 and U18 Indoor Championships were held last weekend in Ancona and the walking depth and quality were excellent. Full results at <http://www.marciaitaliana.com/risultati/Ancona%20Giovanili.pdf>. The first 10 places in each division are shown.

5000m Junior Men

1.	MINEI Vito	1994	TA451 A.S.D. ATLETICA DON MILANI	20:32.62
2.	FORTUNATO Francesco	1994	BN208 ASD ENTERPRISE SPORT & SERVICE	21:12.10
3.	TODISCO Daniele	1995	MI076 GEAS ATLETICA	22:03.95
4.	TARQUINI Luca	1994	RM057 FIAMME GIALLE G. SIMONI	23:06.10
5.	CORTINOVIS Massimiliano	1995	BG004 U.S. SCANZOROSCIATE	23:26.76
6.	GIORDANO Manuel	1995	MI218 N.ATL. FANFULLA LODIGIANA	23:41.18
7.	GIORDANO Marco	1995	MI218 N.ATL. FANFULLA LODIGIANA	24:11.58
8.	ADRIANI Francesco	1995	BA006 U.S. GIOVANI ATLETI BARI	24:23.84
9.	RISSETTI Lorenzo	1994	PV245 ATL. IRIENSE VOGHERA	24:27.67
10.	MANSUTTI Stefano	1995	LT260 A.S.D. INTESATLETICA	24:46.67

5000m Youth Men

1.	ANGELINI Gregorio	1996	BA089 ALTERATLETICA LOCOROTONDO	22:32.83
2.	PICCHIOTTINO Gianluca	1996	LI035 ATL LIBERTAS RUNNERS LIVORNO	22:57.57
3.	RIGAMONTI Alessandro	1997	MI076 GEAS ATLETICA	23:05.35
4.	INGLESE Giuseppe	1996	BA005 AMATORI ATL. ACQUAVIVA	23:09.77
5.	DE ROSA Luigi	1996	BN208 ASD ENTERPRISE SPORT & SERVICE	23:43.45
6.	NINIVAGGI Lorenzo	1997	BA715 FUTURATLETICA ALTAMURA	24:23.96
7.	COLANGELO Massimiliano	1997	PZ037 CLUB ATLETICO POTENZA	24:24.96
8.	CALIFANO Matteo	1996	BN208 ASD ENTERPRISE SPORT & SERVICE	24:43.65
9.	CAPANINI Gabriele	1997	LI035 ATL LIBERTAS RUNNERS LIVORNO	24:57.61
10.	BRAMBILLA Riccardo	1997	PV110 ATL. CENTO TORRI PAVIA	24:58.65

3000m Junior Women

1.	CLEMENTE Anna	1994	RM056 G.A. FIAMME GIALLE	13:33.89
2.	BECCHETTI Mariavittoria	1994	RI223 ATL. STUDENTESCA CA.RI.RI	14:03.43
3.	COLOMBI Nicole	1995	BG004 U.S. SCANZOROSCIATE	14:28.97
4.	SCOLOZZI Erika	1995	TA451 A.S.D. ATLETICA DON MILANI	14:48.72
5.	CICCO Valeria	1995	TA451 A.S.D. ATLETICA DON MILANI	15:00.92
6.	CECCELE Elena	1994	PD141 ATLETICA VIS ABANO	15:07.09
7.	SCIPIONI Sara	1995	BS181 ATL. BRESCIA 1950 ISPA GROUP	15:09.77
8.	PALMISANO Giorgia	1995	TA451 A.S.D. ATLETICA DON MILANI	15:28.08
9.	VOSA Annamaria	1995	BN208 ASD ENTERPRISE SPORT & SERVICE	15:30.71
10.	STACH Marta	1995	BL012 ANA ATL.FELTRE	15:42.99

3000m Youth Women

1.	STELLA Noemi	1997	TA451 A.S.D. ATLETICA DON MILANI	13:51.88
2.	MENIS Giorgia	1996	TS010 C.U.S. TRIESTE	14:44.43
3.	CASLINI Alessandra	1997	BG003 ATL. BERGAMO 1959 CREBERG	15:06.31
4.	BARCELLA Lidia	1997	MI221 BRACCO ATLETICA	15:10.95
5.	LAMARRA Silvia	1997	TA451 A.S.D. ATLETICA DON MILANI	15:30.01
6.	NARDONI Alessia	1996	MI218 N.ATL. FANFULLA LODIGIANA	15:54.14
7.	PASCAL Gina Ionela	1996	VT501 ALTO LAZIO A.S.D. (ROMANIA)	15:57.53
8.	CORCELLA Chiara	1997	BA089 ALTERATLETICA LOCOROTONDO	16:15.76
9.	VITIELLO Sara	1996	RE105 G.S.SELF ATL. MONTANARI GRUZZA	16:17.20
10.	CORTESI Maria Teresa	1996	MI218 N.ATL. FANFULLA LODIGIANA	16:18.33

24 HEURES DE BOURGES, BOURGES, FRANCE, 23-24 FEBRUARY 2013

Thanks to Emmanuel Tardi for the following report from Bourges in France where their national 24 Hour Walk Championships were held last weekend.

Today (Sunday) was our national 24 Hour Racewalking Championship in Bourges, 250km south of Paris . The first lap was 540m long, then walkers competed on a lap of 2688m long. The last 30 minutes were on a lap of 629m. This allowed everyone to get an official time for 100km. 70 Starters were on the start line of 1PM with the temperature at -3°C and the sky cloudy with a very cold swirling wind.

French walker David Regy immediately went to the lead in the men's race while Italian walker Nicoletta Mizera went to the lead in the women's race, closely followed by Dominique Alverne, the first female French walker. By 7PM, as night fell, the snow began to fall. David Regy passed the 100km mark in 11:00 ahead of Bunel 11:12 and Rozé 11:24. By the 12 hour mark, Regy was around 109km and on target for a big overall distance. By 3AM, the snow was building and there was a fine coverage of snow on the road, making it difficult to walk but the walkers continued courageously

As the leaders slowed in the final hours, men's 2012 winner Jean-Marie Rouault came through the field (he was 15th after 5 hours) to eventually finish 2nd with 201.232km, not far behind Regy whose 205.386km was excellent in the conditions. It was Regy's eighth victory in this championship.

In the women's competition, Alvernhe and Mizera were always into the same lap but it was Mizera who won the race (178.910km) and Alvernhe the French title with 178.506km.

See <http://bases.athle.com/asp.net/liste.aspx?frmbase=resultats&frmcode=1&frmespace=0&frmcompetition=126209> for the full results. The following list shows all finishers and the French Championship place getters.

Women's 24 Hour Championship

	MIZERA MARGONELLI Nicoletta	59	ITA	178.910km
1.	ALVERNHE Dominique	34	FRA	178.506km
	POUTINTSEVA Irina		RUS	171.103km
2.	MAISON Sylvie	67	FRA	171.339km
3.	COUGOUREUX-AUGE Emilie	12	FRA	155.715km
	DAVIES Karen		GBR	148.047km
4.	FABRE Françoise	30	FRA	144.537km
5.	BIZARD Emilie	94	FRA	142.192km
6.	DIALLO Aida (GUI)	83	FRA	141.270km
7.	QUINQUETON Bernadette	77	FRA	126.699km
8.	LANDRU Noelle	91	FRA	100.835km
9.	GEIMER Deborah	57	FRA	97.310km
10.	BIZARD Claudie	94	FRA	74.650km

Men's 24 Hour Championship

1.	REGY David	27	FRA	205.386km
2.	ROUAULT Jean-marie	45	FRA	201.232km
3.	BUNEL Dominique	93	FRA	197.394km
	OSSIPOV Dmitry		RUS	193.961km
4.	ERARD Christophe	55	FRA	192.212km
5.	BONNOTTE Remi	21	FRA	189.837km
	BIEBUYCK Pascal		BEL	189.653km
	HAZENBOSCH Kris		BEL	187.882km
6.	LETESSIER Gilles	78	FRA	186.066km
7.	BUNEL Pascal	93	FRA	182.923km
8.	VARAIN Cedric	2	FRA	182.578km
9.	LASSALLE Emmanuel	88	FRA	181.343km
10.	ROZE Eddy	80	FRA	176.832km
11.	LOUGRADA Saadi	59	FRA	175.745km
	TONKONOG Stephan		RUS	173.626km
12.	DIEN Daniel	93	FRA	173.358km
13.	BIET Christophe	45	FRA	170.757km
14.	CAILLEAUX Patrick		FRA	169.703km
15.	KIEFFER Pascal	16	FRA	168.456km
16.	DERRIEN Franck	35	FRA	168.361km
17.	OLIVARES Mathieu	91	FRA	166.935km
18.	BOCUZE Daniel	42	FRA	166.349km
19.	BOUCHET Jean		FRA	160.724km
	DAUENDORFER Pierre			155.650km
20.	KERLAU Yves-michel	59	FRA	152.569km
	NAUDIN Jean pierre			149.295km
21.	LAILLER Patrick	37	FRA	149.176km
22.	KORZHYK Aliaksei	93	FRA	148.075km
	GRASSI Alain			147.686km
	CARREY Franck			146.824km
23.	EMONIERE Philippe	94	FRA	143.886km
	DE MARCILLAC Bertrand			143.457km
24.	SEYNAEVE Serge	59	BEL	141.720km
25.	DALPHIN Daniel	64	FRA	141.694km
26.	CHABIN Frederic	91	FRA	137.452km
27.	GLASER Jean-bernard	93	FRA	130.948km
28.	SPIESER Jean-paul	88	FRA	116.824km
29.	MERCIER Jean-pierre	68	FRA	75.636km
30.	BAUDRILLART Antonio	68	FRA	62.211km

Emmanuel has posted two videos, taken around 5AM - and it was snowy indeed!

- <http://youtu.be/diIW1706UnI>

- <http://youtu.be/IIUXbzs2gb4>

He has also sent me the following photos - how tough does this look!



Jean-Marie Roualt (front) and David Regy (back), Jean-Marie Roualt again and Dominique Bunel



Dominique Alvernhe, Nicoletta Mizera and David Regy

SLOVAK INDOOR CHAMPIONSHIPS, BRATISLAVA, SLOVAK REPUBLIC, 23-24 FEBRUARY

Men 5000m

1.	Anton KUČMÍN	SVK	84	19:50.22
2.	Dušan MAJDAN	SVK	87	20:59.20
3.	Peter TICHÝ	SVK	93	21:36.95
4.	Andrej DOLINSKÝ	SVK	94	22:44.21
	Vladimir SAVANOVIČ	SRB	85	20:06.32
	Peter TICHÝ	SVK	93	DNF

Women 3000m

1.	Mária GÁLIKOVÁ	SVK	80	13:49.40
2.	Veronika PRIVALINCOVÁ	SVK	92	14:54.87
3.	Lucia ČUBAŇOVÁ	SVK	95	14:55.98
4.	Lucia ŠKANTÁROVÁ	SVK	96	15:07.49
	Milica KOSTIĆ	SRB	96	14:43.04

HUNGARIAN INDOOR CHAMPIONSHIPS, BUDAPEST, HUNGARY, 23-24 FEBRUARY
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Men 5000m

1.	Máté HELEBRANDT	HUN	89	20:48.12
2.	Bence VENYERCSÁN	HUN	96	20:54.46
3.	Dávid TOKODI	HUN	91	21:51.95
4.	Tibor KOLÉNER	HUN	90	22:50.29
	Miklós Domonkos SRP	HUN	93	DQ

ENFIELD LEAGUE 5 MILES, QEII ATHLETICS TRACK, DONKEY LANE ENFIELD, SAT 23 FEB
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Conditions were bitterly cold for the Enfield League 5 Mile walks in London but a good crowd of hardy walkers tested themselves out anyway.

Women's 5 Mile Walk

1.	Grazina Narviliene	Belgrave H	42.00	W35
2.	Sabina Brown	Belgrave H	46.04	W40
3.	Helen Middleton	Enfield HAC	48.10	W50
4.	Maureen Noel	Belgrave H	49.24	W45
5.	Sue Beardsmore ©	Abingdon A	49.42	W40
6.	Anne Belhambers	Steyning AC	51.45	W55
7.	Fiona Bishop	Woking	52.07	W50
8.	Cath Duig ©	Ryston R	52.59	W55
9.	Sue Barnett	Enfield HAC	53.17	W60
10.	Angela Martin	Paddock Wood	53.56	W45
11.	Linda Spinks	Enfield HAC	55.10	W45
12.	Danielle Vides	unattached	55.26	W50
13.	Jo Miles	Hillingdon AC	56.36	W55

Men's 5 Mile Walk

1.	Fabian Deuter	Hillingdon AC	39.35	SM
2.	Francisco Reis	Ilford AC	40.27	M50
3.	Callum Wilkinson	Enfield HAC	43.04	U17
4.	David Crane	Surrey WC	43.09	M35
5.	Steve Uttley	Ilford AC	43.12	M55
6.	Chris Hobbs	Ashford AC	43.29	M55
7.	Steve Allen	Barnet & D AC	43.40	M55
8.	John Hall	Belgrave H	45.02	M60
9.	Peter Ryan ©	Ilford AC	45.47	M55
10.	John Ralph	Enfield HAC	46.51	M55
11.	Steve Allen ©	Ilford AC	47.06	M50
12.	Shaun Lightman	Surrey WC	47.31	M65
13.	Stuart Bennett ©	Ilford AC	47.56	M50
14.	Ken Bobbett	Hillingdon AC	48.32	M65
15.	Andy Cox	Hillingdon AC	48.35	M60
16.	Arthur Thomson	Enfield HAC	50.07	M75
17.	Paul King	Belgrave H	50.22	M60
18.	Michael Harran	Surrey WC	51.30	M70
19.	Alan O'Rawe ©	Ilford AC	52.03	M70
20.	Russell Vroobel	Hillingdon AC	52.47	M50
21.	Malcolm Martin	Hillingdon AC	54.02	M55
22.	Peter Crane	Belgrave H	55.27	M65
23.	David Delaney	Belgrave H	55.29	M70
24.	Jon May	Enfield HAC	58.32	M60
25.	Mick Barnbrook ©	Ilford AC	63.37	M65
26.	Dave Ainsworth ©	Ilford AC	64.09	M60
27.	Bernie Hercock	Enfield HAC	66.18	M75
28.	Peter Howard	Enfield HAC	68.48	M70

Boys U11 One Mile Walk

1. George Wilkinson 12:37
2. Daniel Spinks 12:37

WALKING SHORTS

- Geelong/Melbourne based walking coach Jim Leppik has been interviewed by the racewalk.com team - Jim now coaches quite a few USA walkers as well as lots of local Australian walkers including Kelly Ruddick. Good to see you getting some much deserved recognition, Jim. See http://www.racewalk.com/Interviews/2013_JimLeppik.asp
You can also check Jim's own training website at <http://www.jamesfitness.info/>.
- The Canberra Times investigates further the AIS changes and interviews Robert De Castella and Nathan Deakes <http://www.canberratimes.com.au/sport/deeks-blasts-decision-on-ais-20130219-2epvf.html>
- Thanks to Frances Attard for the following 30 min video which shows the 3000m and 5000m racewalks, held as part of the Victorian Junior Track and Field Championships in February 2013 at Albert Park a couple of weeks ago. <http://www.youtube.com/watch?v=V9g4GzfAiXU>
- Last weekend saw the Victorian Little Athletics Region Qualifiers with hundreds of our LA walkers were action across the State. I can't report on such a wide ranging series of events but just one quick photo which features two of our newest VRWC club members in Hayley Woolfe and Brianna Briet. Competing in their Region Qualifier, Hayley (center) was first for Casey LA Club and Brianna (right) was second for Leongatha LA Club. In doing so, both qualified for the State Championships and both broke the previous region record. Well done girls!
(Photo from <http://www.facebook.com/groups/306385488910/permalink/10151428084738911/>).



VRWC CLUB RECORDS

More club records at Hobart, for Kelly Ruddick (her umpteenth) and Jesse Osborne (his first). Well done Jesse and Kelly!

Jesse Osborne	20km Road Walk U18	1:29:28	Australian 20km Championship, Hobart	24/02/2013
Kelly Ruddick	20km Road Walk W35	1:36:58	Australian 20km Championship, Hobart	24/02/2013

STEVEN WASHBURN IN THE USA PAN-AM TEAM

Young NSW walker Steven Washburn, who raced on Sunday in the U20 10km event in Hobart, has been selected in the USA team for the 2013 Pan American Race Walking Cup which is to be held on May 25-26 in Lima, Peru. He won their U20 Men's trial (49:34) on 29th December at Pharr in Texas (see newsletter #14 - <http://www.vrwc.org.au/newsletters/heelandtoe-2013-num14.pdf>). Well done Steven on your selection.



Steven in action in Hobart on Sunday

HAVE YOU ENTERED YET?

There are a couple of events coming up for Victorian walkers and you must ensure you get your entries done in time. Read on!

- The **Victorian Masters T&F Championships** will be held at the Bill Seward Athletics Track in East Burwood on **16-17 March**. The 3000m walks are on the Saturday and the 1500m walks are on the Sunday. Entries close **Thursday 28 February**. Enter via AV website - see <http://www.athsvic.org.au/events/register/3721> .
- **The Australian Open T&F Championships** will be held in Sydney on **11-14 April** and will include invitational 5000m walks for men and women. The draft timetable shows the walks on 2:30PM on Saturday 13 April. You can enter online via the AA online entry panel at http://sitedesq.imgstg.com/site/index.cfm?fuseaction=display_main&OrgID=887 .

WHAT'S COMING UP NEXT WEEKEND

The Victorian 5000m Open Track Walk championship will be contested this Friday evening (6:20PM start time) as part of the Victorian Open T&F Championships. Alas, I will be in China so will miss it but I look forward to catching up on the results and reporting in next week's newsletter. The entry list looks very strong (see <http://www.athsvic.org.au/events/detail/victorian-open-awd-track-field-championships>).

DATES...DATES...DATES

As usual, I finish with a list of upcoming events on the local, national and international fronts. Let me know of any errors/omissions.

2012/2013 Victorian/Australian Summer Season Key Dates

Mar 1-3, 2013	Victorian Open T&F Championships, Albert Park
Mar 12-17, 2013	Australian Junior Athletics Championships, Perth, WA
Mar 16-17, 2013	VMA/AA Masters T&F Championships, East Burwood Athletics Track, East Burwood
Mar 29-Apr 1, 2013	Australian Masters T&F Championships, Canberra, ACT
April 11-14, 2013	Australian Open Athletics Championships, Sydney, NSW
October 5-12, 2013	Australian Masters Games, Geelong, See http://www.australianmastersgames.com

2013 International Fixture

July 6-17, 2013	27th Summer Universiade, Kazan, Russia (see http://www.kazan2013.com)
July 10-14, 2013	8th World Youth T&F Championships, Donetsk, Ukraine
Aug 10-18, 2013	14th IAAF World Championships in Athletics, Moscow, Russia
October 15-27, 2013	World Masters Athletic Championships, Porto Alegre, Brazil. See http://www.wma2013.com

2013 IAAF Race Walking Challenge - Remaining events

1 Mar 2013	2013 IAAF Race Walking Challenge - Taicang China	Taicang
10 Mar 2013	Asian 20km Race Walking Championships	Nomi City
17 Mar 2013	Lugano Trophy - Memorial Mario Albisetti	Lugano

6 Apr 2013	African Race Walking Championships	Maurice
6 Apr 2013	22º Grande Prémio Internacional de Rio Maior em Marcha Atlética	Rio Maior
13 Apr 2013	Podebrady 2013	Podebrady
1 May 2013	Coppa Città di Sesto San Giovanni	Sesto S. Giovanni
19 May 2013	10th European Cup Race Walking	Dudince
1 June 2013	XXVII Gran Premio Cantones de La Coruña	La Coruña
29 June 2013	Dublin Grand Prix of Race Walking	Dublin
10-18 Aug 2013	14th IAAF World Championships in Athletics	Moskva

2013 European Athletics Permit Meets

March 17, 2013	Mario Albisetti Memorial Meet, Lugano, Switzerland
April 6, 2013	Rio Maior Grand Prix, Rio Maior, Portugal
April 13, 2013	Podebrady Meet, Podebrady, Czech Republic
June 29, 2013	Dublin Grand Prix, Dublin, Ireland

2014 International Fixture

3-4 May 2014	26th IAAF World Race Walking Cup, Taicang, China
Mar/Apr 2014	World Masters Indoor Championships, Budapest, Hungary
July 22-27, 2014	15th World Junior T&F Championships, Eugene, Oregon, USA

Looking even further forward

2015	28th Summer Universiade, Gwanju, Korea
2015	9th World Youth T&F Championships, Cali, Colombia
August 22-30, 2015	15th IAAF World Championships in Athletics, Beijing, China
July/Aug 2015	20th World Masters T&F Champs Stadia, Lyon, France
2016	21st World Masters T&F Champs Stadia, Perth, Australia. See http://www.perth2016.com/
Aug 2016	31st Olympic Games, Rio de Janeiro, Brazil. See http://www.rio2016.org.br/en/Default.aspx
2017	29th Summer Universiade, Taipei
August 5-13, 2017	16^h IAAF World Championships in Athletics, London, UK
July 2020	32nd Olympic Games City TBA: Baku, Doha, Istanbul, Madrid, Rome, Tokyo

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Copies of recent newsletters are kept on the VRWC website (<http://www.vrwc.org.au>)